

Mandy 2020

My Covid - 19

Time Capsule

*You are living through history
right now!*

Create your own Covid -19 Time Capsule



Looking Back

What I know about Covid-19

The world's first cases of Covid-19 were identified on:

December 2019

Covid-19 started in:

Wuhan China



Covid-19 first came to the UK on:

January 29th two cases come in from from New York



My first thoughts when I heard about Covid-19 were:



My thoughts of hearing about Coronavirus have been very muddled and sometimes very sad, plus I've had my own health problems to try and figure out during lockdown period.

I was also blessed with good friends that stayed in touch through phone calls and text messages which really helped me through it all, I really couldn't thank them enough.

To start off with I thought it would pass within a couple of weeks, how wrong I was.

As more and more deaths started happening and they started saying the numbers I felt so sad that so many people lost their family members, friends etc.

I hated this world and became angry and started pulling away from my own friends and family as it hurt to talk to them and unable to see them, the 2 metre rule didn't apply when it came to my family as they live 200 miles away from me.

Other than hospital appointments I never went out as I couldn't face even going to the shops. Tried a few times but then panic attacks kicked in and I didn't know how to deal with them or with the world changing so I hid away where it was safe but I became more isolated and down and wasn't sure who to turn to or even what to say as everyone had

The first case of person to person infection in the UK was reported on:

28th February



Full lockdown in the UK started on:

23rd March

We started social distancing on:

24th of March

How we could keep ourselves and others safe:

- Wear a face mask
- Avoid crowded places
- Wash your hands
- Keep a two meter distance
- Self isolate & book test if I get symptoms



About Me

Name: Mandy

Age at start of lockdown: 34

Where I live: West Lothian

Names and ages of close family members:

Mel 25

Riley 3

Mia 2

Logan 8 months

Amy 34 and too many kids to name and age LOL



The last time I was able to go to my Adult Learning Group was:



19th March 2020

What three words best describe how you feel about Covid-19 now?



Angry

Sad

Board

What have you learned from the experience of being in lockdown?

I've learned how valuable friends and family are and how much we need the NHS and not to take anything for granted



Keeping Well & Looking Forward

What are some things you are doing to keep busy?

I went for a walk with Francis a few times

Re-arranged both mine and Bill's houses
between hospital and doctor's appointments



What are you thankful for during this time?

I'm thankful for having some really close friends and for having a great
tutor who kept me sane through all this

What are you most excited to do when this is over?

Going back to Adult Learning group, Committee Meetings and seeing
family and friends from England

What place do you most want to go when we are
allowed?

My groups are in West Lothian
and my family stays in Doncaster.



List 5 things that have made you smile during this time.

Logan (nephew) being born

Seeing Friends (social bubble)

Getting to know a group member better

Still being able to attend group (through zoom)

Five Sisters Zoo



What has been your favourite memory about this time?



Visiting Five Sisters Zoo for my 35th Birthday

Meeting Logan and seeing Riley and Mia again

*What do you think the world will be like after
Coronavirus?*

To start with I think we will all still be a little scared and unsure of the world as it will never return to how it used to be, and people will be really unsure about hugging one another especially in public.

*Think of four things you **might** still do when the virus is finally under control and things are as normal as possible.*

Wear a mask especially in winter and travelling to England

Always have sanitizer in bag or coat pocket

Phone and visit family more often

Keep a small distance from other people



List 5 images that will always remind you of the 2020 Pandemic or Lockdown.



Logan's Birthdays

Disappointment

Hope

Health

Friends and Family